

**TOWNSHIP OF TEANECK  
TEANECK RECREATION DEPARTMENT**

**SUMMER 2022 ADULT PROGRAMS (ages 18 to 54 years)**

**Aqua Extreme** - This intensifying and high energy Aqua class focuses on increasing strength and cardiovascular fitness. With the incorporation of aquatic weights, students are able to take advantage of water's natural resistance. **Wednesdays**, 8:00-8:45p.m., Votee Pool. \$85 (residents) \$130 (non-residents). 6 weeks.

**Aqua Zumba**- Known as the "Zumba Pool Party" the Aqua Zumba program gives new meaning to the idea of an invigorating workout. No experience is necessary. **Mondays AND Thursdays** 8:00-8:45 p.m., \$85 (residents) and \$130 (non-residents). Votee Pool. 6 weeks.

**Creative Watercolor**- This fun painting class allows students to work with both basic and experimental techniques to explore the breadth of watercolor and cultivate the pleasures of the medium. **Tuesdays or Thursdays**, 2:00-3:30 p.m., Rodda Center. \$85 (residents) \$130 (non-residents). 6 weeks.

**Pottery with Judi**- Adults will learn, improve, and/or reacquaint themselves with the basic techniques of working with clay, i.e., hand-building, pinching, coiling, slab work, and glazing. They will enjoy creating functional and sculptural pieces of pottery. **Wednesdays or Thursdays** 10:30a.m. - 12:00 p.m. Rodda Center. \$85 (residents) \$130 (non-residents). 6 weeks.

**Tennis Lessons**- Classes will be divided based on skill level. Lessons will be offered **Sundays**, 9:00-9:50 a.m. Argonne Park. \$80 (residents) and \$120 (non-residents). 6 weeks.

**TX Cut**- TX Cut is a total body, low impact based class, that is designed to build lean muscle and power. Students will be utilizing a multitude of weight equipment and bodyweight exercises to improve body composition. **Wednesdays** 6:45-7:30p.m., Rodda Center. \$85 (residents) \$130 (non-residents). 6 weeks.

**Yoga with Carol**- This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with stretching. **Tuesdays**, 6:30-7:15p.m., Rodda Center, \$85 (residents) \$130 (non-residents). 6 weeks.

**Zumba**- A Latin-inspired dance fitness program that incorporates a blend of international music and contagious dance steps to form a fitness party at each class. **Mondays AND Thursdays** 7:00-7:45p.m. Rodda Center, \$85 (residents) \$130 (non-residents). 6 weeks.

**To register for any of these classes, complete the separate registration form or the individual class flyer and submit along with the required documentation to:**

**Recreation Department  
Richard Rodda Center  
250 Colonial Court  
Teaneck, NJ 07666**

**If you have any questions, please call (201) 837-7130 or email [recreation@teanecknj.gov](mailto:recreation@teanecknj.gov).**